



# Friends of Mary Aikenhead

## NEWSLETTER

### How do I become a Friend of Mary Aikenhead?

Many people are already friends of hers.

To formalise this friendship, and to receive support in it, you might like to join a group where you will learn a little more about her spirituality, her life and work.

The Friends of Mary Aikenhead Groups are open to all adults, male or female, married or single.

Following an induction period, you might like to enrol as a member of the Friends of Mary Aikenhead.

With support from the Group you might decide to DO something for the poor, for those less well off than yourself.

Friends of Mary Aikenhead make an option for the poor in whatever way they can. Make a difference to someone.



### What Do Friends Do?

- Inspired by her life and work, we aim to follow in her footsteps.
- Some friends are called to enter the Religious Sisters of Charity.
- Others are called to respond to needs of the poor they see around them in their own way of life.

### History of the Friends of Mary Aikenhead

The Friends of Mary Aikenhead groups began in Ireland in 2009.

The first group was and is associated with the Sanctuary, in Dublin 7. Their work centres on visiting two hostels.

### A Prayer to Mary Aikenhead

O God, you gave Mary Aikenhead a special gift of love for those in any kind of need.

With this in mind and through her prayer I ask for

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With great trust in your love for me I leave my request in your hands. *Amen.*

### Calling All Friends

You are invited to join the friends and sisters for the official launch of the Religious Sisters of Charity's new website. There will be an evening prayer, the 'testimony of a friend' and time for a chat. Refreshments will be provided.

*This event will take place on Saturday, January 19<sup>th</sup> at 3pm  
in St. Mary's, Merrion Rd, Dublin 8.*

## Testimony of a Friend

### Where do the groups meet?

**Josphine**

Merrion Rd., Dublin 8

**Rita, Lorraine and Phyllis**

Harold's Cross, Dublin 6W

**Annemarie**

Walkinstown, Dublin 12

**Sr. Helen**

Clonmel, Co. Tipperary

**Stan and Sile**

Sanctuary, Dublin 7

**Philomena**

Stanhope St., Dublin 7

For further information, contact  
[ritaw@provh.com](mailto:ritaw@provh.com)

Only a few years ago, I came into contact with the Religious Sisters of Charity in Ireland, through a friend who came to 'write' icons on one of the weeklong retreats. One thing I do remember of the years 1984-1985 is of a sister who was working as a social worker in Bray, Co. Wicklow. She was with two families who were involved in a tragic situation. What caught my attention at that time was the dedication, understanding and love of this sister for the people in distress. Always I have kept in my mind this situation. I understood that behind that love and generosity there was more! It was the motivation, example and guidance of a great woman, Mary Aikenhead, because the sister in Bray was a Sister of Charity!

Now being a friend of the Sisters of Charity and putting all things together I see it is not coincidental or a coincidence, that I felt a great joy to help another Sister of Charity in the construction of an icon of Mary Aikenhead and while doing it I experienced a great joy, and a sense of being in heavenly company! As the icon took form I knew that I had another Great Saint as friend.

I am only learning daily (if I remember to read the writings of Mary Aikenhead) who is my new friend in heaven. Yes in her deep spirituality Mary is helping us to find our way to The Lord. Her wisdom and her inspirational life (with a great amount of suffering of course) challenge us today. We have a model to imitate, nevertheless quite a hard act to follow! But as she received the grace to accomplish her mission so we will receive what is needed for the fulfilment of our own mission.

A thought for the day from Mary Aikenhead may be a great help to you: *"May our good God direct and strengthen you in all to his greater glory"*.

*Luis Alvarez (Lucho) from Connamara-Chile. Iconographer.*

